

ABSTRACT OF THE DISCLOSURE

A method of manufacturing an optical element is disclosed which comprises the steps of providing a molding material onto a mold; giving a local  
5 temperature difference to an interface between the mold and the molding material to separate the mold and the molding material from each other in an area; and successively enlarging the area of separation made by the temperature difference to entirely separate the  
10 mold and the molding material from each other.